

## FORM 7

### MONTHLY PROGRESS REPORT

Name of Listed Issuer: **Eat Well Investment Group Inc. (formerly Rockshield Capital Corp.) (the "Issuer"**  
or the "Company")

Trading Symbol: **EWG**

Number of Outstanding Listed Securities: **115,482,987**

Date: **September 7, 2021**

This Monthly Progress Report must be posted before the opening of trading on the fifth trading day of each month. This report is not intended to replace the Issuer's obligation to separately report material information forthwith upon the information becoming known to management or to post the forms required by Exchange Policies. If material information became known and was reported during the preceding month to which this report relates, this report should refer to the material information, the news release date and the posting date on the Exchange website.

This report is intended to keep investors and the market informed of the Issuer's ongoing business and management activities that occurred during the preceding month. Do not discuss goals or future plans unless they have crystallized to the point that they are "material information" as defined in the Policies. The discussion in this report must be factual, balanced, and non-promotional.

#### **General Instructions**

- (a) Prepare this Monthly Progress Report using the format set out below. The sequence of questions must not be altered, nor should questions be omitted or left unanswered. The answers to the items must be in narrative form. State when the answer to any item is negative or not applicable to the Issuer. The title to each item must precede the answer.
- (b) The term "Issuer" includes the Issuer and any of its subsidiaries.
- (c) Terms used and not defined in this form are defined or interpreted in Policy 1 – Interpretation and General Provisions.

#### **Report on Business**

1. Provide a general overview and discussion of the development of the Issuer's business and operations over the previous month. Where the Issuer was inactive disclose this fact.

*As disclosed on August 3, 2021 effective July 30<sup>th</sup> the Company completed the acquisition of two new strategic plant-based investments. The Company acquired all of the issued and outstanding equity securities of: (a) Belle Pulses Ltd. ("**Belle Pulses**") and (b) Sapientia Technology LLC, together with its affiliate entity Innovative Prairie Snack Foods Ltd. (together, "**Sapientia**") (combined with Belle Pulses, the "**Acquired Companies**").*

*The consideration for the acquisition of Sapiientia was the issuance of 3,741,969 common shares in the capital of Rockshield (the “**Sapiientia Consideration Shares**”) and a cash payment of USD\$6,400,000 to the former shareholders of Sapiientia, of which USD\$2,000,000 has been paid and USD\$4,400,000 of which is payable over the next 6 months or by December 31, 2021. The consideration for the acquisition of Belle Pulses was a CAD\$30,000,000 cash payment to the former shareholders of Belle Pulses*

*The Investments were sourced by and negotiated in cooperation with Novel Agri-Technologies Inc. (“**Novel**”). Certain principals of Novel are providing ongoing investment oversight services in respect of the Acquired Companies. In connection with the Investments, Rockshield has issued 11,476,205 common shares in the capital of the Company to Novel and agreed to pay a net profits interest in the Acquired Companies convertible into an additional 65,031,826 company shares pursuant to an agreement which remains in drafting stage.*

*To fund the acquisitions the Company closed on a revolving debt facility for up to \$33,500,000 from a leading Canadian lender (the “**Lender**”). These proceeds were used, in part, to satisfy the purchase price of the Acquisitions. There remains approximately \$3 million to be drawn down under this credit facility. The Lender was issued 1,000,000 share purchase warrants with a \$0.58 strike price and 500,000 Rockshield Shares subject to a 6-month contractual escrow period. No other equity was issued in respect of this financing.*

*The Company continues with an orderly liquidation plan for its non-plant based marketable securities to augment its cash position. The Company has successfully liquidated the majority of its holdings of public companies with its two cornerstone remaining holdings being 1,620,071 shares of Cognetivity currently trading at \$0.80 and 1.1 million shares of Sonora Gold and Silver, which is currently halted for a significant acquisition.*

*The Company’s focus is now on its plant-based investments and the Company has retained staff to oversee its plant-based holdings. It is early days in regard to these investments but management is pleased with these acquisitions and sees significant upside in the opportunity. The Company continues to source other plant-based acquisition opportunities.*

2. Provide a general overview and discussion of the activities of management.

*The Company changed its name from Rockshield Capital Corp. to Eat Well Investment Group Inc. effective August 31, 2021 to more appropriately reflect the Company’s previously disclosed updates to its investment policy to focus on the agri-business, foodtech, and plant-based foods industries.*

*Management has closed on its investment of plant based operating entities. See item 1 for details. Management continues to review trading opportunities with respect to the balance of its portfolio holdings.*

3. Describe and provide details of any new products or services developed or offered. For resource companies, provide details of new drilling, exploration or production programs and acquisitions of any new properties and attach any mineral or oil and gas or other reports required under Ontario securities law.

*Not applicable.*

4. Describe and provide details of any products or services that were discontinued. For resource companies, provide details of any drilling, exploration or production programs that have been amended or abandoned.

*Not applicable.*

5. Describe any new business relationships entered into between the Issuer, the Issuer's affiliates or third parties including contracts to supply products or services, joint venture agreements and licensing agreements etc. State whether the relationship is with a Related Person of the Issuer and provide details of the relationship.

*Not applicable.*

6. Describe the expiry or termination of any contracts or agreements between the Issuer, the Issuer's affiliates or third parties or cancellation of any financing arrangements that have been previously announced.

*Not applicable.*

7. Describe any acquisitions by the Issuer or dispositions of the Issuer's assets that occurred during the preceding month. Provide details of the nature of the assets acquired or disposed of and provide details of the consideration paid or payable together with a schedule of payments if applicable, and of any valuation. State how the consideration was determined and whether the acquisition was from or the disposition was to a Related Person of the Issuer and provides details of the relationship.

*Not applicable.*

8. Describe the acquisition of new customers or loss of customers.

*Not applicable.*

9. Describe any new developments or effects on intangible products such as brand names, circulation lists, copyrights, franchises, licenses, patents, software, subscription lists and trademarks.

*Not applicable.*

10. Report on any employee hirings, terminations or lay-offs with details of anticipated length of lay-offs.

*Not applicable.*

11. Report on any labour disputes and resolutions of those disputes if applicable.

*None.*

12. Describe and provide details of legal proceedings to which the Issuer became a party, including the name of the court or agency, the date instituted, the principal parties to the proceedings, the nature of the claim, the amount claimed, if any, if the proceedings are being contested, and the present status of the proceedings.

*Not applicable.*

13. Provide details of any indebtedness incurred or repaid by the Issuer together with the terms of such indebtedness.

*Not applicable.*

14. Provide details of any securities issued and options, DSUs or warrants granted.

<i>Security</i>	<i>Number Issued</i>	<i>Details of Issuance</i>	<i>Use of Proceeds</i>
<i>Common Shares</i>	<i>4,550,000<sup>(1)</sup></i>	<i>See note below.</i>	<i>See note below.</i>
<i>Warrants</i>	<i>None</i>	<i>N/A</i>	<i>N/A</i>
<i>Restricted Share Units</i>	<i>None</i>	<i>N/A</i>	<i>N/A</i>
<i>Stock Options</i>	<i>None</i>	<i>N/A</i>	<i>N/A</i>

NOTE:

(1) The Company issued 100,000 common shares in its the capital on August 19, 2021 and 4,450,000 common shares on August 26, 2021, at a price of \$0.15 per share, on exercise of warrants previously issued by the Company.

Normal Course Issuer Bid (“NCIB”)

The Company has renewed its NCIB through the facilities of the Canadian Securities Exchange. Under the NCIB, the Company can acquire up to 4,473,534 common shares (the “Shares”) in the capital of the Company. The NCIB commenced on April 30, 2021 and ends no later than April 30, 2022. The Company may terminate the NCIB earlier if it feels it is appropriate to do so. During the month of August 2021, the Company purchased a total of 145,000 Shares under the NCIB for a total of 467,500 Shares since commencement of NCIB. On August 3, 2021, 322,500 Shares were returned to treasury.

15. Provide details of any loans to or by Related Persons

*Not applicable.*

16. Provide details of any changes in directors, officers or committee members.

*Not applicable.*

17. Discuss any trends which are likely to impact the Issuer including trends in the Issuer's market(s) or political/regulatory trends.

*No specific comments on this matter for this month.*

## Certificate of Compliance

The undersigned hereby certifies that:

1. The undersigned is a director and/or senior officer of the Issuer and has been duly authorized by a resolution of the board of directors of the Issuer to sign this Certificate of Compliance.
2. As of the date hereof there is no material information concerning the Issuer which has not been publicly disclosed.
3. The undersigned hereby certifies to the Exchange that the Issuer is in compliance with the requirements of applicable securities legislation (as such term is defined in National Instrument 14-101) and all Exchange Requirements (as defined in CNSX Policy 1).
4. All of the information in this Form 7 Monthly Progress Report is true.

Dated September 7, 2021.

Nick DeMare  
Name of Director or Senior Officer

"Nick DeMare"  
Signature

CFO and Director  
Official Capacity

<b>Issuer Details</b> Name of Issuer <b>Eat Well Investment Group Inc.</b> <b>(formerly Rockshield Capital Corp.)</b>	For Month End <b>August 31, 2021</b>	Date of Report YY/MM/DD <b>21/09/07</b>
Issuer Address <b>#1305 - 1090 West Georgia Street</b>		
City/Province/Postal Code <b>Vancouver, B.C. V6E 3V7</b>	Issuer Fax No. <b>604-683-1585</b>	Issuer Telephone No. <b>604-685-9316</b>
Contact Name <b>Nick DeMare</b>	Contact Position <b>CFO</b>	Contact Telephone No. <b>604-685-9316</b>
Contact Email Address <b>ndemare@chasemgt.com</b>	Web Site Address <a href="http://www.eatwellgroup.com">www.eatwellgroup.com</a>	